

# CRE - CREATIVE RELAXATION EXERCISE

## THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT WITH A 30 MINUTE AUDIO TAPE IN ONE DAY

KEY CONCEPT: "WHEN you create new POSITIVE wave patterns in YOUR mind they give you the CONFIDENCE to RELAX and LEARN naturally without EFFORT ...  
... Dzie-kuje ... Thank you ...

## NO. 318 - POLISH from ENGLISH

Version 3 - in roman script with a few minor errors - July 2004

### Note:

Appendix A - is the routine for long term reinforcement after one month, which can also be used by experienced speakers for the chronic problem of accent deterioration. Books to buy: Berlitz and Lonely Planet phrase books - Eastern Europe

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## DEDICATION

This program is dedicated to the memory of Professor Kenneth Hale, the eminent linguist of MIT who died on October 8th 2001.

He spoke about 50 languages fluently and regarded each language as an intellectual treasure-house of communication, culture and humanitarian values.

He suggested ... that 30 minutes of a new language ... should be enough to start to make one-self understood ... and then ... the best way ... to progress ... was to speak ... confidently ... more and more ... with natural speakers of the language ...

So on we go ... for one whole day ... with a partner or small group ... speaking and speaking ... and moving ... face, hands and body language to reinforce your communication ... and ending with ... almost instinctive ... easy inter-active conversation ... in the natural language ... and if you are lucky enough to find ... ANY natural speaker for the day ... to be a partner ... or just part of the small group ... that would be just great so start chatting now ...

Thank you.	Dzie-kuje
Hallo	Czesć
Yes/no	Tak/nie
Please	Proszę
Excuse me	Prze-praszam
Good morning	Dzien do-bry
My name is ...	Nazy wam sie...
What is your name?	Jak masz na imię?
How are you?	Jak sie masz?
Fine,thanks	Dzie-kuje, do-brze
Good-bye.	Do wi-dzen-ia



## INSTANT RELAXATION TECHNIQUE

1. This is a simple IRT exercise, to give you confidence to learn naturally. When you don't believe you can learn ... you won't learn! ... When you are tense, anxious and stressed ... you won't learn! When you have no confidence ... you won't learn. But with relaxation, your mind and body become clear, confident and ready to learn. So do the IRT exercise now ... and again before every CRE session. It takes only three minutes, and with practice, it becomes a powerful tool for you. The only "equipment" you need is an "open mind" and a marble (or similar small object) in your "right" (major) hand.

2. So, get into that comfortable position, in which you know ... you really can relax. Be aware that marble gets warm as it absorbs heat from contact with your right hand. Open your hand and allow the warmth to evaporate. Close the hand again, and recognize the marble ... as a physical external symbol ... of the internal function of your mind and body. Allow it to receive and evaporate not just heat ... but emotion, anxiety and stress ... leaving you free, relaxed, confident and ready to learn to speak and understand the natural language without effort ....

3. Now, relax with the hands on the lap, and fix your eyes on the marble as you repeat aloud ... the following sentence ... four times, feeling free to change the wording a little ... to fit your style ... four times ... aloud ... in all:

**"I AM, I CAN, I WILL, I BELIEVE ... I WILL LEARN ... AND HELP OTHERS TO LEARN ... TO SPEAK AND ENJOY ... THE NEW NATURAL LANGUAGE ... WITH A BEAUTIFUL ACCENT ... NATURALLY ... RAPIDLY ... EASILY WITHOUT EFFORT"**

4. With the eyes fixed on the marble ... or closed if you wish ... start to take three slow and very deep breaths ... and be sure to pause ... on each inhalation ... and imagine ... each exhalation ... as transferring all the anxiety and stress ... from your mind and body ... through to the marble in your hand.

5. After the third breath, let your whole mind and body relax completely for two minutes ... thinking ONLY of your breathing ... nothing else ... no self talk at all ... just concentrate on the BREATHING ... very important ... counting down from 20 to 1. ...

6. Then bring yourself back, by simply counting up from 1 to 5, feeling well, relaxed, confident and ready to learn. The marble is now your very personal symbol ... of your confidence to learn and speak the natural language with a beautiful accent.

Note: This simple CRE "Instant Relaxation Technique" can be used anywhere (eyes open or closed) to achieve a calm mind ... without anger, anxiety or stress ... ready and confident to learn .. or deal with any new problem ... that you have to face. Keep the marble always to hand, as a symbol ... of your confidence ... to feel comfortable ... in the new natural language ... and to speak almost instinctively ... without stress or effort ...

## SIMPLE THROAT EXERCISE - 16 KEY WORDS

(Repeat EACH Polish word many times slowly ... and then at very high speed)

Thank you	Dzie-kuje	DJING-KOOYAO
Hello	Czesc	CH-ESGTT
Mr.	Pan	PAN
Mrs.	Pan-i	PAN-NNEE
Yes	Tak	TAK
No	Nie	NEE
Good	Do-bre	DO-BREY
Please	Pro-sze	PRO-SHERR
Do you have?	Czy macie ...	CHERR MARCH-R
Goodbye	Do wi-dzen-ia	DO VITTS-ENIA
Yes, it's "cool"!	Tak, jest dobrze!	TAK JES DOB-SGRR
Who?	Kto?	KT-OH

<b>What?</b>	<b>Co?/Jaki?</b>	<b>TTS-O/YAKI</b>
<b>I want</b>	<b>Ja ch-ce...</b>	<b>YAK TT-SER</b>
<b>Where?</b>	<b>Gd-zie?</b>	<b>GD-JER</b>
<b>OK!</b>	<b>OK!</b>	<b>OH-KAY</b>

**Note: For simplicity ... the program is mostly typed without accents!**

## NATURAL SUGGESTIONS

Plan to do the whole CRE in one 6-hour CRE day, with a partner or a small group. A natural speaker (if available) would be most welcome as a partner or group member. On the day before, as pre-learning (alone), play the 30-minute tape, just before sleeping, speaking all the time, completely relaxed making no conscious effort to learn anything.

After the one full day of CRE, plan revision during your NORMAL ROUTINE in the following week, for just an hour a day. Feel free to do it in any way ... that YOU know ... will suit YOU best ... and will allow you ... both to speak AND to understand ... what is spoken to you ... so relax completely ... and ABSORB ... both consciously and sub-consciously ... the very carefully selected ... 30-minute audio tape ... of new natural language ... which becomes part of you ... intuitively ... instinctively ... without effort ... as you relax with IRT and establish a very POSITIVE attitude ... and a confident EXPECTATION of SUCCESS ... just from PLAYING ... with the natural language ... Our suggested schedule for the 6-hour CRE day (with breaks as needed) is:

1 - Do IRT. Do the Throat exercise - 16 key words.

Play the tape (30 minutes) with the text (hear, see, speak, MOVE, and feel) ... make it fun! Review the Glossary (2 pages). Make a tape recording of speaking Polish text section 2-15 at high speed - to record how you began the course... just for fun ... but keep it ... handy ...

2 - Repeat the text (Sections 2-4) to understand every word!

Play the tape with the text SPEAKING VERY LOUDLY - STOP THE TAPE AND SING OR SHOUT ANY VERY DIFFICULT PHRASES.

Do SPEED READING (2-16) in 14 minutes (recorded if possible- for fun!).

Review the Grammar (1 page) and the Glossary.

3 - Repeat the text (Sections 5-10) to understand every word!

Play the tape WITHOUT the text, SPEAKING IN VERY DRAMATIC style.

Repeat the Throat exercise.

Begin to create simple conversation with the Mini-phrase book (Hello etc.).

4 - Repeat the text (Sections 11-16) to understand every word!

Play the tape with the text, SPEAKING SOFTLY with a good accent.

Do SPEED READING (Sections 2-16) and Mini-phrase Book.

5 - Play the tape WITHOUT the text, speaking with three different voices - just for fun!. Create conversation with the Mini-phrase book.

Do SPEED READING (2-16). Then listen to your first recording (above)!

6 - Play the tape SPEAKING with a beautiful CONFIDENT accent.

Do the quiz (1 page). Create conversation with mini phrase book.

Do SPEED READING (2-16) and Mini-phrase book 14 minutes.

Do APS and plan for review next week, helping partners as needed.

## NATURAL SUGGESTIONS (continued)

Generally:

1. REINFORCE the learning in the CAR/TRUCK at any time ... make it an amusing THEATRE of one ... YOU!!! ... by playing and acting out ... ONLY Sections 2 - 16. DO NOT play the relaxation sections in the car ... skip them please! Play the Learning Reinforcement side of the tape as needed for encouragement, be sure to blame your strategy, and not yourself!!
2. RECOGNIZE that a TERRIBLE accent is PAINFUL ... for the hearer ... and so strive always for a beautiful accent in EVERY WORD.
3. Be POSITIVE and NEVER apologise for your language ... you are making the effort to learn the LANGUAGE ... and the HUMAN VALUES ... and thus the CULTURE ... of the people you speak with ... and THEY will appreciate MORE than you can EVEN imagine!! If they reply to you in ENGLISH ... then YOU just CONTINUE to speak in the NATURAL new language ... and they will too ...
4. LISTEN very carefully to what PEOPLE say to YOU ... and BEFORE replying ... REPEAT in YOUR MIND ... EXACTLY what they said ... this gives you excellent PRACTICE in recognising good STRUCTURE.
5. HESITATE before you SPEAK ... and then speak FREELY and CONFIDENTLY ... without long pauses and ... WITHOUT ... "Urrs and Umms" which are so ANNOYING and BORING ... for the listener ...
6. When you do not know a necessary word ... do NOT hesitate ... simply USE the ENGLISH word ... in the sentence ... the hearer will almost certainly give you the translation ... and you can repeat it ... three times to get it right ... without embarrassment. Use the LEARNING REINFORCEMENT as needed but not in the car!
7. Use SIMPLE SHORT sentences and be CONFIDENT as you begin to talk to people ... expect SUCCESS ... and you will NOT be disappointed ... and try just one MORE new thing ... just for fun in this one week ... drink one litre of WATER EVERY DAY ... it rinses mind and body and has a REMARKABLE preventive/curative therapeutic effect ... to support new learning ... on we go together.



# 1. GENTLE RELAXATION ...

And now ... I'd like you to arrange yourself ... in a position that is so comfortable ... and natural ... for you ... so that you can sit ... or lie ... for a while ... easily and effortlessly ... and where you can be comfortable ... and yet still remain alert enough ... to focus on the meaningful ... natural language learning ... that we will do together ... natural language ... gentle ... quiet ... peaceful ... and instinctive ... without any effort ... as you absorb its deepest meaning ... interpretation ... and value ... in terms of your very personal expectations.

And then when your are ready ... to focus yourself ... you can begin by taking a few deep relaxing breaths ... breathing slowly ... and feeling the rise of your chest ... as you gradually inhale ... feeling that each breath in ... and out ... relaxes you ... calms you ... and re-acquaints you ... with deeper parts of yourself ... that you are sometimes too busy to notice ...

You know ... and I know ... it is very easy ... to get caught up in day to day living ... there is so much to do ... and now is your time ... and I would like you to allow your eyes to close ... as you start to build ... an internal focus ... within yourself ... on those parts of yourself... that will absorb the natural language ... gently ... peacefully ... and instinctively ... almost automatically ... as you ... let yourself go ... relax ... without conscious effort ... because you have nothing ... to do ... now ... except relax ..

And as we go on together ... repeating the phrases ... in the natural language ... with your whole body involved ... moving hands and face ... feelings and body ... to express ... and absorb the words and phrases ... as they will come ... instinctively ... to your mind ... as you speak softly ... with a beautiful accent ... yes ... with a beautiful accent ... which will please and surprise you... as its fits the music ... of the natural language

So on we go together ... speaking all the time ... and moving hands, face feelings and body ... to express ourselves ... in the new natural language (no English please) ... as you create new wave patterns ... in that special... "Polish Place" ... in your mind

## 2. HERE AND THERE:

Jest-em (I am) tu (here).

Wy (you) jest-escie (are) tam (there).

Czy (question) jest-escie tam?

Tak (yes), jest-escie tam.

Czy jest-escie (are) tu?

Nie (no), nie ma (are) was (you) tu (here).

To (it) jest tu.

Gd-zie (where) to (it) jest?

To jest (is) tu.

To jest tam (there)?

Nie (not) wiem (I know).

Gd-zie jest (is) Miguel?

Nie ma (is) go (he) tu.

Gd-zie on (he) jest?

Nie wiem.

Cholera! Tam jest!

On jest (is) wspaniawy!

I am here.

You are there.

Are you there?

Yes, you are there.

Are you here?

No, you are not here.

It is here.

Where is it?

It is here.

Is it there?

I do not know.

Where is Miguel?

He is not here.

Where is he?

I do not know.

Zut! There he is!

He is wonderful!

## 3. LIKING:

(Ja) lubie was.

Czy (wy) mnie lubi-sz?

Tak, (wy) lubie cie (you).

Czy lubi-sz piana-dze (money)?

Tak lubie piana-dze.

I like you.

Do you like me?

Yes, I like you.

Do you like money?

Yes, I like the money.

Lubie wodę (water).

Ty lubisz wodę.

Lubie niektóre (some) książki (books).

On lubi auto (car).

Ona nie (not) lubi aut-a.

Czy lubisz kolację?

Nie, nie lubię kolacji.

Oh. Cholera! Gówno!

Proszę, nie mów (say) Gówno!

I like water.

You like water.

I like some books.

He likes the car.

She does not like the car.

Do you like the dinner?

No, I do not like the dinner.

Oh. Zut! Shoot!

Please do not say Shoot!

#### 4. DOING:

(Ja) robię.

Robię to.

(Ty) robisz.

Robisz tamto.

(My) robimy tamto.

I (and) jesteśmy szczęśliwi.

Czy to jest łatwe?

Tak, to nie jest trudne.

Czy robicie tamto?

Zrób (do) to proszę!

Cholera!

To jest wspaniałe.

I do.

I do this.

You do.

You do that

We do that

And we are happy.

Is it easy?

Yes, it is not difficult.

Do you do that?

Do that please!!!

Zut!!!

It is wonderful!

## 5. CAN/ABLE TO DO:

(ja) moge.

Czy moge?

Tak, moge.

Czy mo-zesz (can) to z-robic (do)?

Tak, moge to zrobic.

Moge troche jesc.

Moge troche pic.

Moge isc.

Moge przyjsc.

Moge spac.

Mo-zesz mowic (speak).

Czy mo-zesz mowic?

Tak, moge.

Czy mo-zesz to z-robic (do)?

Nie, nie moge tego (that z-robic.

Mo-zesz z-rozumiec?

Czy mo-zesz z-rozumiec?

Rozumiesz?

Tak, troche.

Mo-zesz powiedziec "GÓWNO"?

Tak, moge mowic troche po POLSKU!

Cholera! Jestem wspanialy!

I can

Can I?

Yes, I can.

Can you do this?

Yes, I can do that.

I can eat a little.

I can drink a little.

I can go.

I can come.

I can sleep.

You can speak.

Can you speak?

Yes, I can.

Can you do this?

No, I can not do that.

You can understand?

Can you understand?

Can you understand?

Yes, a little.

Can you say Shoot?

Yes, I can speak a little Polish!

Zut! I am wonderful!

## 6. UNDERSTANDING:

(ja) rozumiem.

Nie rozumiem.

Rozumiesz.

Nie rozumiesz.

Czy rozumiesz kobiety?

Nie. Nie. Nie rozumiem ich!!!

Oh. Cholera! Gówno!

Proszcie, nie mówić Gówno.

Jestcie wspaniali!

I understand.

I do not understand.

You understand.

You do not understand.

Do you understand women?

No. No. I do not understand them!!!

Oh. Zut! Shoot!

Please do not say Shoot!

You are wonderful!

## 7. WANTING:

(ja) chce

Chce jeść trochę.

Chce pić wodę.

Chce iść do toalety!!

Chcecie trochę jeść.

Nie, nie chce jeść.

Cholera! Chce dać (give) ci (you) trochę.

Nie dziekuje..

Chce przyjść.

Czy chcesz spać (sleep) ze (with) mną?

Nie, nie chce spać.

Miguel, chcesz jeść zaby (frogs)?

Cholera! Nie teraz, dziekuje!

My jesteśmy wspaniali!

I want.

I want to eat a little.

I want to drink the water.

I want to go to the toilet!!!

Do you want to eat a little?

No, I do not want to eat.

Zut! I want to give you a bit.

No thank you.

I want to come.

Do you want to sleep with me?

No, I do not want to sleep.

Miguel do you want to eat the frogs?

Zut! Not just now, thank you!

We are wonderful!

## 8. GETTING:

Proszę, daj mi pieniądze.

Proszę, weź pieniądze.

Ja wezmę (take) pieniądze.

Proszę, daj mi bilet.

Proszę weź bilet.

Ja wezmę bilet.

Proszę, podaj mi rzecz (thing).

Gdzie jest rzecz?

Nie wiem.

Proszę, daj mi mężczyznę (man)!

Cholera!!! Co za kobieta!!

Ona jest wspaniała!

Please give me the money.

Please take the money.

I take the money.

Please give me the ticket.

Please take the ticket.

I take the ticket.

Please give me the thing.

Where is the thing?

I do not know.

Please give me a man!

Zut-t!!! What a woman!!

She is wonderful!

## 9. HAVING:

(Ja) mam jedną (one) rzecz (thing).

Nie mam jednej rzeczy.

(Ty) ma-sz jedną rzecz.

Mamy jedną rzecz.

Ona ma rzecz.

Mam czas, Panienko!

Czy ma pan jakies (some) pieniądze, Proszę Pana?

Nie.

I have one thing.

I do not have one thing.

You have one thing.

We have one thing.

She has one thing.

I have the time, Miss!

Do you have some money, Sir?

No.

O. GÓWNO!

Proszę nie mówcie GÓWNO!

Oh. Shoot!

Please do not say Shoot!

## 10. ORDERING (POLITELY):

Proszę, daj mi rzecz.

Proszę, daj mi pieniądze.

Proszę, daj mi wodę.

Dzie-kuje.

Please give me the thing.

Please give me the money.

Please give me the water.

Thank you.

Proszę, nie pij wody we Francji!!

Pij wino.

Please don't drink the water in France!!

Drink the wine.

Proszę, podejdź tu.

Proszę, idź tam.

Proszę wypij to.

Nie jedz tego!

Please come here.

Please go there.

Please drink this.

Do not eat that!

Proszę, podaj mi to.

Proszę. nie bierz tego.

Proszę, powiedz to.

Proszę, nie mów Gówno.

Cholera! Dzie-kuje. Jesteś wspaniały!

Please give me this.

Please do not take that.

Please say this.

Please do not say Shoot.

Zut! Thank you. You are wonderful!

## 11. GREETING:

Cześć Ania.

Cześć Paula.

Dzień dobry Miche.

Dzień dobry Sancos.

Hello Ania.

Hello Paula.

Good morning Miche.

Good morning Sancos.

Jak sie masz, Eliza?  
Dobrze dzie-kuje, Khulu.  
Jak leci, Xavier?  
OK, dzie-kuje Miguel.  
Do widzenia Giles.  
Do zabac-zenia Judith.

Tak OK, Hollie  
To jest wspaniale, Heidi!  
Ok, Sam?  
Tak Ok, Lucie.  
Nie zle, Henri.

W porzadku, moj drogi?  
Nie!!!  
Cholera! Ona jest wspaniala!

How are you, Eliza?  
I am well, thank you, Khulu.  
How goes it, Xavier?  
OK , thank you Miguel.  
Goodbye Giles.  
Bye bye Judith.

Yes OK, Hollie.  
It is wonderful, Heidi!  
OK Sam?  
Yes OK, Lucie.  
Not too bad, Henri.

Are you well, my darling?  
No!!!  
Zut! She is wonderful!

## 12. DESCRIBING:

To jest dobre,  
To nie jest dobre.  
To jest zle.  
To jest ksiazka.  
Czy to jest duze?

Nie, to jest male.  
To jest tatwe?  
Nie, to jest ciezkie.  
Woda jest dobra?

It is good.  
It is not good.  
It is bad.  
It is a book.  
Is it big?  
  
No, it is small.  
Is it easy?  
No, it is hard.  
Is the water good?



Nie, woda jest nie dobra we Francji!

No, the water is not good in France!!

Oh gówno!!

Oh Shoot!!!

Proszę, nie mów gównu.

Please do not say Shoot.

Czy (my) jesteśmy wspaniali?

Are we wonderful?

Cholera! Tak!

Zut! Yes!!

### 13. KNOWING (THINGS & PEOPLE):

(Ja) znam to. Wiem to.

I know this.

Czy wiesz to?

Do you know this?

Tak, wiem to.

Yes, I know this.

Wiesz tamto.

You know that.

Czy wiesz tamto?

Do you know that?

Nie, ja nie wiem tego (that).

No, I do not know that.

Znam te kobiety.

I know that woman.

Znam tego mężczyznę.

I know the man.

On zna mnie.

He knows me.

Czy znasz te kobiety?

Do you know that woman?

Nie. Dzień dobry, Pani.

No. Good morning Madam?

Dobre się Pani ma?

Are you well, Madam?

Nie, nie dobrze! Do widzenia!!

No, I am not well!!! Goodbye!!!

Nie znasz jej (her)

You do not know her!

Cholera! Ona jest wspaniała!

Zut! She is wonderful!

### 14. NUMBERING:

(Ja) mam jeden problem.  
Tak, masz problem.  
Nie, masz je (of them) dwa (2).

I have one problem.  
Yes, you have a problem.  
No, you have two (of them).

On ma trzy.  
Ona ma cztery.

He has three.  
She has four.

My mamy piec.  
Czy masz ich piec?  
Tak, teraz mam piec problem-ow!!!  
Wszystkie dzieci (children).  
Dzieci sa wspaniale!

We have five.  
Do you have five?  
Yes now, I have five problems!!!  
All the children!  
Children are wonderful!

## 15. ASKING:

Ile kosztuje ksiazka?  
Piec dolarow.  
Ile kosztuje ta rzecz?  
Ile?  
Cztery dolary.

How much is the book?  
Five dollars.  
How much is this thing?  
How much?  
Four dollars.

Gdzie to jest?  
To jest tam.  
Nie, tego tam nie ma (is not).  
Gdzie jest toaleta prosze?  
Toaleta jest tam.

Where is it?  
It is there.  
No, it is not there.  
Where is the toilet please?  
The toilet is over there.

Co tam jest?  
Przepraszam. Co?  
Tam.

What is that?  
Pardon. What?  
That.

O, to jest dobra książka.

Oh, it is a good book.

Co chcesz?

What do you want?

Chce wina, prosze. Po-prosze (please) wina.

I want the wine, please.

Kto tu (here) jest?

Who is here?

My tu jesteś-my.

We are here.

Kim (who) jest ta kobieta?

Who is that woman?

Nie wiem.

I do not know.

Cholera! To jest Madonna!

Zut! It is Madonna!

Co za kobieta! Ona jest wspaniała.

What a woman! She is wonderful!

## 16. EVERYTHING - COLLOQUIAL:

Jestem tu.

I am here.

Jest-escie tam. (plural)

You are there.

Jest-es tam. (singular)

You are there.

Lubie cie (singular). Lubie was (plural).

I like you.

Lubi-sz pieniądze.

You like the money.

On robi to.

He does this.

Ona robi tamto.

She does that.

Mogę mówić trochę po polsku!

I can speak a little Polish!

Nie możecie mówić Gówno?

You can not say Shoot?

Rozumiem cie.

I understand you.

Nie rozumie-sz mnie.

You do not understand me.

Chce isc do baru.

Chce-sz isc do toalety.

Mam czas (time), Panienko!

Czy ma Pan troche pieniedzy?

Prosze, nie pij wody we Francji!!

Pijcie wino.

Jak sie masz, Eliza?

Dobrze, dzie-kuje, Khulu.

To jest duze, prosze Pana?

Nie, to jest male prosze Pani.

Nie zna-sz tej (that) kobiety.

Cholera! Ona jest wspaniala!

Tak teraz, mam piec problemow!!!

Wszystkie dzieci!

Co to jest?

Prepraszam. Co?

To jest to.

Nie zle.

Cholera!!!

OK?

Tak, jest fajnie.

Tak, jest fajnie (na poziomie)

Tak, jest bardzo (super) fajnie.

Nie mowcie (plural) gówno!!

To nie jest super!!

I want to go to the bar.

You want to go to the toilet.

I have the time, Miss!

Do you have some money, Sir?

Please don't drink the water in France!!

Drink the wine.

How are you, Eliza?

I am well, thank you, Khulu.

Is it big, Sir?

No, it is small, Madame.

You do not know that woman.

Zut! She is wonderful!

Yes now, I have five problems!!!

All the children!

What is that?

Pardon. What?

There it is.

Not bad.

Zut!

OK?

Yes, it's cool!

Yes, it's cool! (classy)

Yes it's cool! (upper class)

Do not say Shoot!!!

It is not cool (upper class)!!!

Ja musze (must) to zrobic.

Musisz zrobic tamto.

Wspaniale?

Tak, jestescie wspaniali!

Do widzenie. No razie!

I must do this.

You must do that

Wonderful?

Yes you are wonderful!

Bye bye. For now!

Note: Speed reading - 14 minutes

## 17. CLOSING

Now of all the things ... your mind ... has been playing with ... to create new ... wave patterns ... in the natural language ... from ... here and there ... liking ... doing ... can ... understanding ... wanting ... getting ... having ... ordering... greeting ... describing ... knowing ... numbering ... asking ... and ... everything ... I wonder which things ... you will bring back ... to stay deep within you ... so easily available ... to you ... as needs arise ... without conscious effort ... because ... you will believe ... you can do it ...

Just naturally ... in your own way ... as part of you ... instinctively ... as that new part of you ... grows ... stronger and stronger ... you will begin to speak with a beautiful accent ... so easily ... reinforcing your learning ... with a gentle quiet confidence ... which will surprise you ... and such a beautiful accent ... of which you will be proud ... to fit the music of the natural language ... will surprise you even more ... and more ... as you repeat the CRE ... so that ... in every day ... in every way ... you believe ... you will ... get ... better and better ...

And now as you choose ... to believe you can do something ... that makes you feel so comfortable with yourself ... something you will feel more and more ... able to do ... so that you feel ... even more comfortable ... and confident ... naturally ... in your own way ... you can take whatever time you need ... just to process your thoughts ... in your own special way ... and to bring this experience to a comfortable close ...

You will feel well ... and you will begin ... to feel confident ... about the future ... and about making progress ... in the natural language ... in your own natural way ... and you will find such joy ... in speaking so gently ... with growing confidence ... and experience ... which will add ... a new exciting quality to your life ... because ... with every new language you learn ... you do add a new quality to your life ... in that special "Polish Place" ... in your mind ...

And when you feel ... you are ready ... and you want to ... you can start the process of reorienting yourself ... bringing yourself back ... taking your time ... and when you are ready ... you can fully orient yourself ... and allow your eyes to open ... feeling well ...and happy ... and you will begin to experience confidence ... more and more ... because ... from now ... in every day ... in every way ... you will ... be getting ... better and better ...

And as we end of each CRE session ... 30 minutes has just flashed by ... to be repeated ... and enjoyed ... many times ... relaxed ... calm and confident ... of achieving a beautiful accent ... that becomes natural for you ... with learning that is efficient and effective ... so from now on ... be positive ... and with a positive expectation of success ... surprise yourself ... as you feel the continuing support ... of our Team ... which all began in Bayonne, France on August 15, 2001 ... and of course ... as with all things ... we believe we can do ... together ... God Bless ...

## 18. NATURAL VOCABULARY:

(without accents)

### a. Greetings/ Exclamations:

hello	good morning	how are you?	I am well	thank you
<b>czesc</b>	<b>dzien dobry</b>	<b>jak sie masz?</b>	<b>dobrze</b>	<b>dzie-kuje</b>
goodbye	yes	no	OK	not too bad
<b>do widzenia</b>	<b>tak</b>	<b>nie</b>	<b>OK</b>	<b>nie zle</b>
Zut!	Shoot!	there it is!	"cool"!!!	please
<b>Cholera!</b>	<b>Gówno</b>	<b>to jest tam</b>	<b>fajne!</b>	<b>prosze</b>

### b. Verbs:

to be	have	like	want	can
<b>byc</b>	<b>miec</b>	<b>lubic</b>	<b>chciec</b>	<b>móc</b>
<b>jest-em</b>	<b>mam</b>	<b>lubie</b>	<b>chce</b>	<b>moge</b>
do	say/speak	go	come	give
<b>robic</b>	<b>mówic/ powiedziec</b>	<b>isc</b>	<b>przyjsc</b>	<b>podac</b>
<b>robie</b>	<b>mówie/mówie</b>	<b>ide</b>	<b>przyjde</b>	<b>po-daje</b>
take	eat	drink	sleep/go to bed	know
<b>brac</b>	<b>jesc</b>	<b>pic</b>	<b>spac</b>	<b>wiedziec</b>
<b>biore</b>	<b>jem</b>	<b>pije</b>	<b>spje</b>	<b>wiem</b>
understand	must			
<b>rozumiec</b>	<b>musiec</b>			
<b>rozumie</b>	<b>musze</b>			



c. Prepositions:

some	a	the	to	from
<b>troche</b>	<b>jedna</b>	<b>to</b>	<b>do</b>	<b>z</b>

d. Pronouns:

I	You	he	she	we
<b>ja/mnie</b>	<b>ty/wy</b>	<b>on</b>	<b>ona</b>	<b>my</b>
it	this	that	Mr	Mrs.
<b>To</b>	<b>to</b>	<b>tamto</b>	<b>Pan</b>	<b>Pani</b>

e. Nouns:

money	thing	man	woman/wife	water
<b>pieniadze</b>	<b>rzecz</b>	<b>mezczyzna</b>	<b>kabieta</b>	<b>woda</b>

car	ticket	book	friend
<b>auto</b>	<b>bilet</b>	<b>ksiazka</b>	<b>przyjaciel</b>

f. Adjectives/  
adverbs/Other:

good	bad	big	small	now
<b>dobrze</b>	<b>zle</b>	<b>duze</b>	<b>male</b>	<b>teraz</b>

later	a little	wonderful!	happy	easy/difficult
<b>później</b>	<b>troche</b>	<b>wspaniale!</b>	<b>szczescie</b>	<b>latwe/ciezkie</b>

here/there

**tu/tam**

g.  
Interrogatives:

how much?	where?	what?	who?	when?
ile kosztuje?	gdzie?	co?/jaki?	kto?	Kiedy?

<b>Note:</b>	What is that?	Question?
	Co to jest?	Czy ... ?

h. Numbers:

one	two	three	four	five
jeden	dwa	trzy	cztery	piec

i. And some survival words:

WC (toaleta)  
always (zawsze)  
fast/slow (szybko/wolno)  
but (ale)  
never (nigdy)  
food (jedzenie)  
train (pociąg)  
bus (autobus)  
home (dom)  
work (praca)  
time (czas)  
today (dzis)  
tomorrow (jutro)  
paper (papier)  
newspaper (gazeta)  
day (dzień)  
week (tydzień)  
year (rok)  
hour (godzina)  
minute (minuta)

hamburger (hamburger)  
think (rzecz)  
read (czytać)  
write (pisać)  
laugh (śmiać)  
dance (tanczyć)  
later (później)  
stop (stop)  
policeman (policjant)  
six (szesc)  
seven (siedem)  
eight (osiem)  
nine (dziewiec)  
ten (dziesięc)  
hundred (sto)  
thousand (tysiac)  
shoot (gówno)  
see you soon (na razie)!

## 19. NATURAL FEEDBACK AND NEW IDEAS

1. HOW LONG DID YOU TAKE TO STUDY THE CRE?

2. WHAT WAS GOOD ABOUT IT?

3. WHAT WAS BAD ABOUT IT?

4. WHAT NEW IDEAS?

5. HOW CAN WE HELP YOU IN THE FUTURE?

## 20 - DAILY MINI PHRASE BOOK

### BASICS:

Hallo

Yes/no

Please

Thank you.

Excuse me

Everything is OK!

Czesc

Tak/nie

Prosze

Dzie-kuje

Prze-praszam

Wszystko jest OK!

### INTRODUCTIONS:

Good morning

Good-bye.

My name is ... (am called)

What is your name?

Dzien dobry

Do wi-dzen-ia

Mam na imie ...

Jak masz na imie?

How are you?

Fine thanks (I go well)

And you?

Jak sie masz?

Dzie-ku-je do-brze

I pan?

Where do you come from?

I'm from:

France

England

USA

Skad pan pochodzi?

Jestem z ...:

Franc-ji

An-glii

Ze Stanow Zje-dno-czo-nych

I work with:

UN

Red Cross

Nokia

Pracuje n ... :

ONU

Czerwony Krzyz

Nokia

## QUESTIONS:

I must do this.

You must do that.

When/how?

What/why?

Who/which?

Where is/are ...?

Where can I find ...?

How much is this?

Can you help me?

What is that?

Ja musze to zrobic.

Wy musi-cie zrobic tamto.

Kie-dy/jak?

Co/dlo-cze-go?

Kto/Kto-ry?

Gdzie jest ...?

Gdzie moge (can) zna-lezc (find) ...?

Lie to kosztuje?

Czy mozesz mi pomoc?

Co to jest?

## UNDERSTANDING:

I understand

I don't understand.

Please repeat that.

Do you have...?

Ro-zu-miem

Nie (not) ro-zu-miem

Peo-sze to (that) po-wto-rzyc

Czy masz ...?

Do you speak:

English/Polish?

I don't speak ....

I speak a little ...

Czy mow pan ...:

Po an-giel-sku/Pol-sku?

Nie mowie ...

Malo mowie ...

## COMMENTS:

It's:

better/worse

big/small

cheap/expensive

To jest:

lepieg/gorzej

duze/maje

tanie/drogie

good/bad

hot/cold

near/far

vacant/occupied

OK!

dobrze/zle

go-ra-ce/zim-no

blisko/da-leko

wolny/zajste

OK!

FOOD:

I like:

breakfast

lunch

dinner.

Ja lub-bie:

snia-dani

o-biad

kdaje

Can I have some:

bread/butter

cheese

eggs

meat/potatoes

apples/oranges

coffee/tea

milk

fruit juice

water

Czy moze dustac ...:

chleb/ć-lo

ser

jaj-ka

mieso/ziem-niak

jabl-ko/poma-rancze

kawe/her-bate

mleko

sok

woda

May I have the bill?

I think there is a mistake.

We enjoyed it.

Proprosze o ra-chunek.

Pomylilam sig.

My sie dobize bawikismy (happy)

TRANSIT:

Where is the nearest shop?

Gdzie znajduje sie najblizszy sklep?

Where can I find a taxi?

How much is it to ...?

Please, take me to this address.

Please stop here.

This is not the right road.

Go straight ahead.

It's there:

left/right

next to/after

north/south

east/west

Where is the:

town centre

pharmacy

toilet

SHOPPING:

Do you have ...?

How much is this/that?

I will take it.

What colours have you?

Black

Blue

Red

White

Yellow

Gdzie znajole taksowke?

Ile kosztuje ...?

Pro-sze mnie za-wiecz pod ten adres.

Pro-sze sie tu (here) za-trzy-mac (stop).

Czy wiecie qzie moge znalezc ta droge.

Pro-sze (go) isc pros-to.

Tam jest:

po-lewej/po prqwo

nastgona/po paceciam

na pol-noc/na po-kudnie

na wsc-hod/na zac-hod

Gdzie ... jrst:

centrum miasta?

ap-teka?

toa-leta?

Czy sa ...?

Ile koszkuye?

Wezme to.

Jakie kolovy mocie?

czar-ny

nie-bieski

czar-wony

bia-ly

zol-ty

**Green**

**zielo-ny**

**I want to buy:**

**aspirin**

**soap**

**kilo apples**

**litre of milk**

**film/newspaper/book**

**Chce ku-pic:**

**aspirynjne**

**my-dlo**

**kilo jabtel**

**litr mleka**

**film/gazetg/ksig-zke**

**TELEPHONE:**

**Hello, here is ...**

**Please speak:**

**louder**

**slowly**

**Halo, tu...**

**Pvosze mowic:**

**giosniej**

**wolniej**

**I want to speak to:**

**Mr.**

**Mrs.**

**Miss**

**Ask him to telephone number ...**

**Chce rozmawiac z ...:**

**Panem**

**Panig**

**Panna**

**Spytaj go onumertelefonu ...**

**TIME:**

**Do you have enough time?**

**What time is it?**

**The time now is:**

**one oclock**

**twenty past two**

**Czy masz duzo czasu**

**Ktora jest godzima?**

**Teraz jest godaima...:**

**pier-wsza**

**dwadziescie po drugiej**



half past one

w poł do dru-giej

### MEETINGS:

We will see you:

today

tomorrow

next week

in the morning

in the afternoon

in the evening

tonight

soon

Zobaczymy się ...

dzis

ju-tro

w przysz-lym ty-god-niu

rano

po potud-niu

wie-czo-rem

dziis wie-czo-rem

niedlugo

I am right/wrong.

That is right

Mam racje/myle sie.

Ta jest prawda. Tamto jest prawag.

### LOCATIONS:

Here/there

At the UN office

Is it far/near from here?

How many hours?

Tu/tam

Z officina l'ONU

Czyto to daleko/blisko stad?

Ile godeira?

## 21. PLAY QUIZ

Test your instincts ... associate the phrases ... in groups of four ...

- |                              |                          |
|------------------------------|--------------------------|
| a. I am well                 | Nie wiem.                |
| b. Excuse me                 | Dzie-kuje.               |
| c. Thank you.                | Dobrze.                  |
| d. I do not know.            | Prze praszam             |
| e. I want to buy:            | Co to jest?              |
| f. What is that?             | Chce ku-pic              |
| g. Hello                     | Jak sie masz?            |
| h. How are you?              | Czesc                    |
| i. I must do this.           | Chce rozmawiac z.        |
| j. Please give me the money. | Jak mueze to zrobic.     |
| k. I want to speak to.       | Jak mas na imie?         |
| l. What is your name?        | Prosze daj mi pieniadze. |
| m. Yes                       | Pan                      |
| n. Please                    | Tak.                     |
| o. I am sorry                | Prepraszam.              |
| p. Waiter?                   | Prosze.                  |
| q. How much is the book?     | Ktoma jest godziono?     |
| r. Where is the toilet?      | Gdzie/kie-dt/dlo-cze-go? |
| s. Where/when/why?           | Gdzie jest taaleta?      |
| t. What time is it?          | Ile kosztuje ksiazka?    |
| u. Where can I find?         | Nie rozumie.             |
| v. I do not understand       | Procaq mosic woliej      |
| w. Where do you come from?   | Gdzie moge zna-lezc?     |
| x. Please speak slowly       | Skad pan jest?           |
| y. Bye bye. For now!         | Proszp                   |
| z. Cheers!!                  | Do widzenie. No razie.   |

Answers: In the phrase book ... if you need them ...

**APPENDIX A - ROUTINE FOR ACCENT IMPROVEMENT  
AND LONG TERM RE-INFORCEMENT AFTER ONE MONTH -  
TRY TO WORK WITH A PARTNER AND A NATURAL SPEAKER  
FOR JUST ONE DAY MORE**

**RELAX with ... a very POSITIVE attitude ... and a very confident EXPECTATION of SUCCESS ... in just one more day ... of PLAYING with the natural language ... instinctively ... naturally ... completely relaxed ... with no stress or effort ... just play!**

**Our natural suggestions are:**

**1 - Do APS. Then play the LEARNING REINFORCEMENT audio tape. Do IRT and the Throat exercise. Study the Brief Grammar and Mini-Phrase Book to understand every word. Then SPEAK with the tape and RECORD your efforts. LIST your five key problems!**

**2 - STUDY the text (Sections 2-16). Then SPEAK LOUDLY and then very SOFTLY with the tape. SPEED READING (2-16) in 14 minutes. USE the Mini-phrase Book for easy interactive conversation.**

**3 - SPEAK in THEATRICAL style with the tape and text together. Do SPEED READING (2-16) in reverse-mode in 12 minutes. USE the Mini-phrase Book for easy interactive conversation**

**4 - SPEAK with tape and text. For difficult words/phrases ... stop the tape ... and repeat the word/phrase many times ... singing and shouting! Review your five problems.**

**5 - USE the Mini-phrase Book for easy interactive conversation. Then do it as SPEED READING (reverse-mode) in 4 minutes. SPEAK with tape and text using three different voices ... just for fun!**

**6 - SPEED READING (2-16) in 8 minutes. Review your five problems. LISTEN to your recording. Then SPEAK with the tape ... with a beautiful CONFIDENT accent. Email your feedback to drbobboland@hotmail.com.**

**APPENDIX B - ADDITIONAL VOCABULARY SELECTED TO MEET  
THE SPECIAL NEEDS OF EACH CLIENT ORGANIZATION  
(100 WORDS)**

**Special Vocabulary for UNHCR**

<b>English</b>	<b>Pashto</b>	<b>Dari</b>	<b>Polish (insert)</b>
Airport	hawaa dagar	maydaan-e hawaa-i	
Army	pauz	fauj/ordu	
Asylum	panaah	pamaah	
Border	pdlay	sarhadd	
Camp	dd kaamp	kaamp-d	
Children	muchouman	awladah	
Clothing	jama	poxaak	
Cooking pot	chainaq	dd paxdy loxay/deg	
Cooperation	hamkari	pd gdda kaar kawdl	
Customs	gumruk	gumruj	
Delay	nawakta	dzandy	
Detention	ndzar-band	tawkif	
Development program	dd wadi prograam	prograam-d ynkysaafi	
Displaced persons	be-zaya shdwi xaldek	be-jaa shodygaan	
Electricity	breshna	brexnaa	
Emergency	hajol	ber-dndy pexa	
Expulsion	shar-dl	kharej/zxraaj	
Family	koranay	hekraaj	
Government	hokumat	hokumat	
Grandparents	padar kalan	padar wa maser kalan	
Handicapped	saya	ma-yub	
Health	roghtyaa	seat/syhhat	

Hospital	roghtun	shafakhana
House	kor	khana/kor
HQ	mankaz	mankae
Human rights	dd bashar hakkuna	hokuk e bashar
Husband	mehra	shwahan
Legal protection	kaanuni saatdna	hymayat e kano
Malnutrition	bada ghdzaa	sou-e taghziya
Material assistance	maadi komak	komak-e mawadi
Ministry	wdzaarat	wezarat
Nutrition	ghdzaa	taghziya
Pain - days/weeks	dard worat	dard e ruz/hafta
Pain - months/years	dard hafta	dard e mo/sol
Pain - treatment	dard mehda	dard e ta-dow-wi
Pain - arms/legs	dard bazou/paie	dard e dest/pal
Pain - chest	dard sina	dard e sina
Pain - ears/eyes	dard gauche/ sterguee	dard e goch/cheshom
Pain - hands/ feet	dard daste/paie	dard e dest/pai
Pain - head/neck	dard sav/gardan	dard e sar/ghardin
Pain - stomach	dard mehda	dard e meda
Persecution	zawrawdi	aziyat
Petrol	tel	petrol/tel
Police-station	dd polis st-eshan	sar-mammuriyat-e- police
President	mdshir	ra-is
Prison	bandy-khana	zyndan
Province	ayaalat	wela-yate
Reception centre	dd melma paaldne	mahal e pazirahi/
Refugee	mohajer	panahenda
Representative	astaazy	nema-yandghi
Rural	da kdll	?

<b>Sanitation</b>	hyfzu-syhna	hyfzu syhha
<b>Shelter</b>	rijdi	panaga
<b>Status</b>	haysiyat	haysiyat
<b>Tent</b>	rijdi	gihejdi/khayma
<b>Torture</b>	shekanja	shykanja
<b>Town</b>	khar	shahr
<b>Transportation</b>	transport	transport
<b>Travel Docs</b>	sdd safar sanaduna	sdd safar sanaduna
<b>Tribe</b>	t-dbdr	kabila
<b>Truck</b>	lan mot-dr/lari	motar-d laar/lari
<b>Urban</b>	dd khari	dd khari
<b>Village</b>	kday	karya
<b>Voluntary repatriation</b>	pd rdzaa-sara	berta legal
<b>War</b>	jagara	jangu
<b>Water</b>	aaba	aab
<b>Wife</b>	kaza	zawja/khanom

## APPENDIX C - BRIEF GRAMMAR

(Challenge: discuss with a natural speaker)

### 1. Structure - subject, object and verb:

JES-EM tu.

I AM here.

DZIEC-KO jest tu.

The CHILD is here.

Czy (question) jest tu dziec-ko?

Is the child here?

### 2. Articles - limited use with "jedno" as one:

JEDNO dziec-ko jest tu.

A child is here.

### 3. Nouns - and plural modifier:

Dziec-I sa (are) tu.

The child-REN are here.

DOBRE dziec-ko jest tu.

The GOOD child is here.

ON jest dziec-kiem.

HE is a child.

### 4. Possession:

On jest MOIM dziec-kiem.

He is MY child.

### 5. Relative - with who ("ktore"):

KTÓRE dziec-ko jest tu.

The child WHO is here.

### 6. Demonstrative - this and that:

TO dziec-ko jest tu.

THIS child is here.

TAMTO dziec-ko jest tam.

THAT child is there.

### 7. Interrogatives - what, who, where and how much:

Co to jest?

What is this?

Kto to jest?

WHO is that?

Gdzie jest dziec-ko?

WHERE is the child?

Ile kosztuje książka?

HOW-MUCH is the book?

8. Imperatives - ordering (with a "C"):

ROBIC to!

DO this!

PRZY-JSC tu!

COME here!

9. Negatives - no ("nie") and not ("nie"):

Tak, mam książkę.

Yes, I HAVE the book.

Nie, nie mam książki.

No, I do NOT have the book.

NIE przy-chodz tu.

Do NOT come here!

10. To be, have and want:

Jestem/mam/chce

I am/have/want

Jeste-s/ma-sz/chce-sz

You are/have/want

Jeste-scie/ma-cie/chce-cie (plural)

You are/have/want

On jest/ma/chce

He is/has/wants



**CRE - CREATIVE RELAXATION EXERCISE  
THE NATURAL WAY TO PLAY WITH LANGUAGE AND A BEAUTIFUL ACCENT  
WITH A 30 MINUTE AUDIO TAPE IN ONE DAY**

**KEY CONCEPT: "WHEN you create new POSITIVE wave patterns in YOUR mind they give you the CONFIDENCE to RELAX and LEARN naturally without EFFORT"**

Opportunity for AID WORKERS on short or long missions to other countries to feel more secure, comfortable and effective in achieving better working relationships in English, with local companies, governments, refugees, client and project staff, as they perceive the effort to speak the local language with a good accent, and thus to show clearly a deep respect for local values and culture.

Description: dynamic English-based brief language learning system developed initially with some UN staff, for aid workers in Afghanistan, and now available in: Polish, Dari, Pashto, Uzbek, Tajik, Turkmen, English, French, German, Spanish, Portuguese, Hindi, Urdu, Finnish, Arabic, Indonesian, Malay, Shona, Russian, Mandarin, Xhosa and with other languages in process: Cantonese, Zulu, Tswana, Sutu, Swedish, Nepali, Italian, Swahili, Basque, etc.

Designed for: mature motivated learners who need to achieve very rapidly, the personal confidence to speak and understand, basics of the local natural language. Designed also for current speakers who want to achieve significant accent improvement.

Course duration: one full six-hour day with a partner or small group, followed by daily brief individual revision, in the following week and one day reinforcement a month later.

Application: individual training or as a small part of any management training program to stimulate creativity, because: "Each language is an intellectual treasure-house of communication, culture and humanitarian values" - Professor Kenneth Hale - linguistics expert of MIT who spoke 50 languages fluently and died October 8th 2001.

Method: uses CRE techniques to achieve relaxation and intuitive absorption of the natural language with confidence and without stress or effort. Designed to handle varying individual value systems and needs. CRE techniques, once acquired, can be easily used for any other languages or dialects. Uses IRT - the Instant Relaxation Technique - to create the confidence to learn.

Further information: email: [drbobboland@hotmail.com](mailto:drbobboland@hotmail.com) from Dr. Bob Boland MD, MPH (Johns Hopkins), DBA, ITP (Harvard Business School), Former visiting professor at: INSEAD: IMD, Cranfield, Columbia, GSB, Stellenbosch, Wits, WHO, ILO, WB, UNEP, UNIDO, AID, IRC, Peace Corps, Shell, Burma, Barlows, Baxter, Nokia etc.

# THE ONE HUNDRED MOST USED WORDS IN CONVERSATION

(Challenge - make up short phrases with a natural speaker)

1. A/an JEDNA	2. After POTEM	3. Again ZNOW	4. All WSZYSCY	5. Almost RAWIE
6. Also OPROCZT	7. Always ZAWSE	8. And I	9. Because BO/PONIEWAZ	10. Before ZANIM
11. Big DUZE	12. But ALO	13. I can MOGE	14. I come PRYZIDO	15. Either/or LUB/LUB
16. I find ZNALAZTEM	17. First PEDIOSZY	18. For DLA	19. Friend PRZYJACIEL	20. From Z
21. I go IDE	22. Good DOBRY	23. Goodbye DO WIZENIA	24. Happy SZCZESCI	25. I have MAM
26. He ON	27. Hello CZESC	28. Here TU	29. How JAK	30. I JA
31. I am JEST	32. If NALE	33. In N	34. I know WIEM	35. Last OSTAINI
36. I like LUBIE	37. Little MOLE	38. I love KOCHAM	39. I make ROBIE	40. Many DUZO
41. One JEDEN	42. More DUZO	43. Most NAJWIECEJ	44. Much DUZO	45. My MOJ
46. New NOWY	47. No NIE	48. Not NIE	49. Now TERAZ	50. Of PRZY

51. Often CZESTO	52. On NA	53. One JEDEN	54. Only TYLKO	55. Or LUB
56. Other BEZ	57. Our NAX	58. Out ZEWNQTRZ	59. Over BDZIES	60. People LUDZIE
61. Place MIEZSCE	62. Please PROSZE	63. Same JAKIES	64. I see WIDZE	65. She ONA
66. So WIEC	67. Some TROCHE	68. Sometimes CZAZEN	69. Still CIAGLE	70. Such TO
71. I tell MOWIE	72. Thank you DZE-KUJE	73. That TAMTO	74. The TO	75. Their ICH
76. Them ONI	77. Then POTEM	78. There is JEST TAM	79. They ONI	80. Thing RCECZ
81. I think MYSIG	82. This TO	83. Time CZAS	84. To DO	85. Under POD
86. Up DOGORY	87. Us NASZ	88. I use UZYWAM	89. Very BAMDZO	90. We MY
91. What CO/JAKI	92. When KIEDY	93. Where GDZIE	94. Which KTORY	95. Who KTO
96. Why DLACZEGO	97. With Z	98. Yes TAK	99. You TY/WY	100. Your DOOJ

## **APS - LEARNING REINFORCEMENT AUTONOMIC PLAYBACK SYSTEM**

1. After the one day CRE, make a special 30-minute APS audio tape recording of all the material that you want to absorb into your long term memory, as follows:
  - a. Speak with gentle persuasive tone. This encourages perception and retention without effort.
  - b. Speak only for about 8 seconds ... pause for about 4 seconds .... continue for about 8 seconds ... pause 4 seconds etc. This gives your mind time to absorb easily without stress,
  - c. Add seven key learning points which were important to you! Thus provides "associations" in your mind for the new learning.
2. The NEXT DAY, relax and playback the tape (using ear phones) while watching some interesting TV show WITHOUT audio e.g. a football match or other a sports event or a cartoon. Make NO EFFORT to listen to the tape. In fact, TELL yourself NOT to listen, but just to relax and gently give all attention to the TV show. Relax and let your mind absorb the data WITHOUT ANY CONSCIOUS EFFORT at all.
3. Play this once more.
4. Finally on the FOLLOWING DAY, do IRT (relax), and playback the tape (with ear phones) while gently viewing and repeating the text material (hear, see, say and feel).
5. Adapt APS to your special needs and personality. Use it for any new material that you want to absorb without stress or effort. And please remember to email feedback and new creative ideas to our Team at: drbobboland@hotmail.com. So, and from now on - relax and remember!!